

AAU/USA Kumite (Nihon and Sanbon) Prep Guide

Nihon Kumite – 12 Year Olds

Time of Match: 1-minute and 30 seconds

Points: Two Ippon or four wazari, or combination to make two full points.

If score is tied at end of the match there is no overtime, and hantei will be called.

| Category – ALL RANKS | Age | Male | | Female | |
|----------------------|-----|---------------|---------|---------------|---------|
| | | Height Meters | Inches | Height Meters | Inches |
| Children G | 12 | -1.55 m | -61.023 | -1.55 m | -61.023 |
| Children H | 12 | +1.55 m | +61.023 | +1.55 m | +61.023 |

Athletes can refer to WUKF Rules for Kumite at www.wukf-karate.org.

Sanbon Kumite – 13 Year Olds and Older

Time of Match:

2-minutes for Mini Cadets, Cadets, and Veterans

3-minutes for Juniors and Seniors

Points: Three Ippon or six wazari, or combination to make three full points.

If score is tied at end of the match, 1-minute extension decided by first score. No score hantei will be called.

| Category – ALL RANKS | Age | Male | | Female | |
|----------------------|-------|--------------|-------------|--------------|-------------|
| | | Weight - Kg | Pounds | Weight - Kg | Pounds |
| Mini Cadets | 13 | -45 kg | -99 | -50 kg | -110 |
| Mini Cadets | 13 | -55 kg | -121 | -55 kg | -121 |
| Mini Cadets | 13 | -65 kg | -143 | -60 kg | -132 |
| Mini Cadets | 13 | +65 kg | +143 | +60 kg | +132 |
| Cadets | 14-15 | -55 kg | -121 | -50 kg | -110 |
| Cadets | 14-15 | -65 kg | -143 | -55 kg | -121 |
| Cadets | 14-15 | -75 kg | -165 | -60 kg | -132 |
| Cadets | 14-15 | +75 kg | +65 | +60 kg | +132 |
| Cadets | 16-17 | -55 kg | -121 | -50 kg | -110 |
| Cadets | 16-17 | -65 kg | -143 | -55 kg | -121 |
| Cadets | 16-17 | -75 kg | -165 | -60 kg | -132 |
| Cadets | 16-17 | +75 kg | +165 | +60 kg | +132 |
| Juniors | 18-20 | -65 kg | -143 | -55 kg | -121 |
| Juniors | 18-20 | -75 kg | -165 | -60 kg | -132 |
| Juniors | 18-20 | -85 kg | -187 | -65 kg | -143 |
| Juniors | 18-20 | +85 kg | +187 | +65 kg | +143 |
| Seniors | 21-35 | -65 kg | -143 | -55 kg | -121 |
| Seniors | 21-35 | -75 kg | -165 | -60 kg | -132 |
| Seniors | 21-35 | -85 kg | -187 | -65 kg | -143 |
| Seniors | 21-35 | +85 kg | +187 | +65 kg | +143 |
| Veterans A-E | 36 + | -75 / +75 kg | -165 / +165 | -60 / +60 kg | -132 / +132 |

Athletes can refer to WUKF Rules for Kumite at www.wukf-karate.org.